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South La Cadena Corridor Seeks Capistrano Look

By Roy Saldana

The South La Cadena Advisory Committee met on February 4 to discuss various issues dealing with the South La Cadena Corridor in Colton.

The main purpose of this meeting was to review the final draft of the Beautification and Public Improvements Plan for the South La Cadena Corridor. Once the plan has been finalized it will be submitted to the city councils of Colton and Grand Terrace as well as County Supervisor Barbara Riordan.

There were about 35 citizens in attendance for the meeting held at the Colton City Council Chamber. The City Manager of Colton Frank Benest spoke on a number of issues. One major concern was how to get from Cooley Ranch to South La Cadena and vice versa. The redevelopment agency is now creating a plan to connect these two streets.

One of the items of discussion is a park to be built on the closed landfill site. The park will have a trail system alongside the Santa Ana River. Clean up on either side of the corridor and rest stop is being accomplished by a weekend restoration crew.

Industrial and commercial development concern along the corridor was emphasized during the meeting. Citizens were informed that Stater Bros. has begun a multi-million dollar expansion. Stater Bros. has also made a commitment to contribute funds for a landscaping project. The Magik Corporation is building its corporate office along South La Cadena. There are also plans to construct a 152 room hotel which will be located at the end of the corridor. Existing businesses that are expanding include the Hennigan Corporation and 84 Lumber. These businesses and new ones are required to provide landscaping as they develop.

The Storefront Program consist of



Gerry Haro patiently waits for his sister at Cal. State and enjoys the warm weather.

the rural industrial and the mexican commercial areas. The rural industrial area begins at the 215 North and extends to the pedestrian bridge. From the pedestrian bridge to Interstate 10 is the mexican commercial area. The city council has talked to the merchants about a storefront facade program. The face of the building out to the curb will be," to create our identity and feeling for the area", said Benest.

The city will pay half of the cost of materials and labor to upgrade the environment. One of the several merchants present asked,"does industry have to conform to that concept". He was answered with a "yes" from Mayor Frank-

Gonzales of Colton.

The South La Cadena Corridor motif is a Mexican style of architecture. John Weineke of Boyle Engineering presented a slide show on what the finished product might look like. "San Juan Capistrano is the environment I would like you to strive for", he noted.

The rural industries from the 215 North to the pedestrian bridge area will have white wood rail fences. This is to give an impression of strength and professionalism. "I don't buy this rural thing, that is my opinion and what I will pursue," said Henry Mendoza a veteran

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IMPACTO '88 Mobilizing Voters for fall Elections

By Felix Perez

Hispanic clergy, college students, business people and activists in the Southwest and parts of the Midwest are mobilizing into an uncommon grassroots, bipartisan coalition to influence this year's presidential elections and establish organized cultural, business and educational ties with Mexico.

Called Impacto '88, the coalition will harness the organizing and outreach potential of established networks of student groups, the organization of Hispanic Catholic priests called Padres and several Latin business associations.

"Our effort will involve people from the bottom up," says Armando Navarro, executive director of the Institute for Social Justice in San Bernardino, Ca., and facilitator for the mobilization effort.

Impacto's primary organizing and fund raising will be carried out initially

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Personal Profile



Dr. Tom Rivera

"... a man from the heart of
the barrio."

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Looking for An Answer

The recent gang murder of an innocent victim in Westwood underscores some basic problem with the political process in California.

For those that missed it—as a result of one weekend gang murder the police patrol in Westwood was tripled. Also a massive police investigation was successfully undertaken to apprehend the alleged murderer. In addition, a \$25,000 award was offered, but later withdrawn, for the arrest of the murderer suspect.

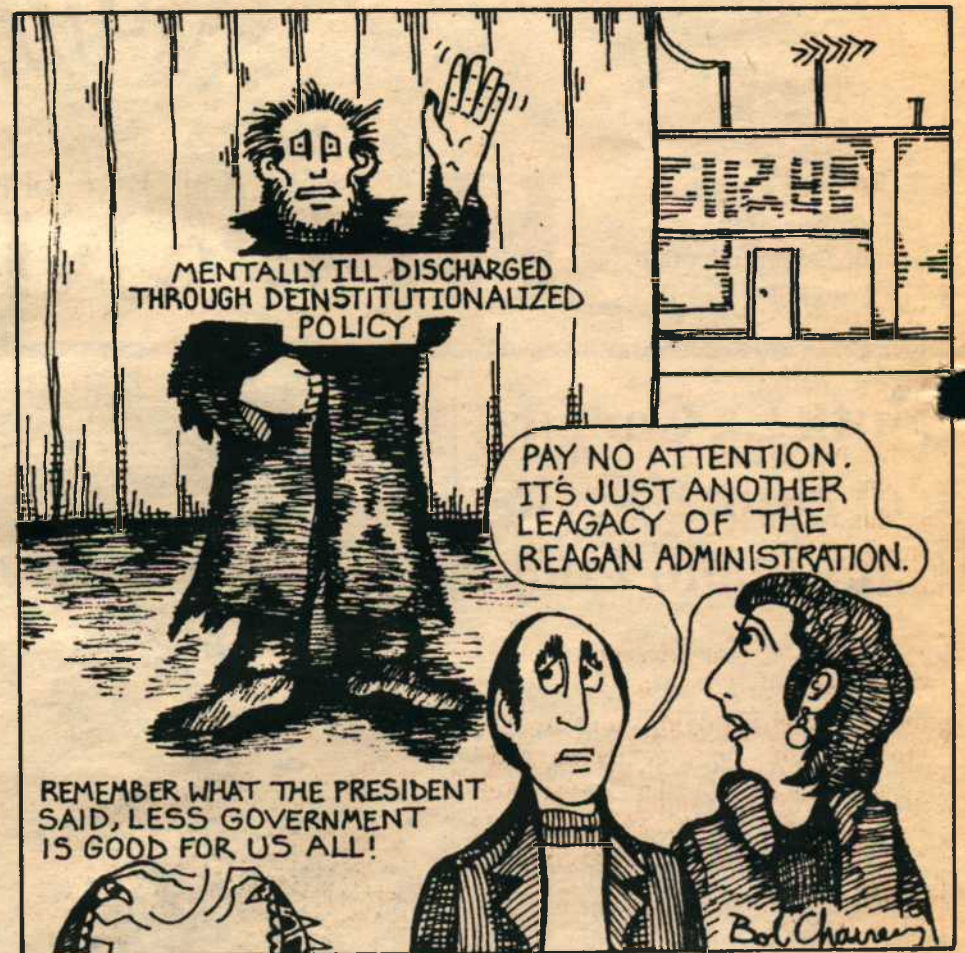
The speed with which the political system responded makes some community leaders ask why one tragic gang murder gets this kind of attention, when

gang murders in East & South Los Angeles are common. That is a good question.

A Better Question: What does it take to get the system to finally do the same things against gang violence and murder in the other areas of the city. As long as people can rationalize gang violence and murder, in the community, their attitude guarantees that such problems will continue.

Now is the time for the answer to the most important question: What are you doing to make our streets and neighborhood safe?

An answer is badly needed.



Hispanic Link

Por Richard Salvatierra

Carlos Salinas de Gortari, la persona seleccionada para ser el próximo presidente de México, ha dicho que procurará una "relación más digna" entre su país y los Estados Unidos. Salinas, economista de 39 años de edad es el candidato del Partido Revolucionario Institucional que gobierna, en las elecciones presidenciales fijadas para Julio próximo y el PRI nunca pierde.

Las palabras "relación digna" tienen un mundo de significación.

La sensibilidad y el orgullo Mexicanos han sido lastimados en el choque histórico de dos culturas divergentes—lastimados como resultado de los pueblos que han llegado al escenario mundial de dos direcciones distintas y con perspectivas diferentes acerca de la vida.

La situación de México ha sido descrita acertadamente por uno de sus grandes escritores, Octavio Paz, en estas palabras:

"Como personas de las márgenes, habitantes de los suburbios de la Historia, nosotros (los Mexicanos) como huéspedes no invitados que nos hemos colado por la puerta trasera de Occidente, intrusos que hemos llegado al banquete del modernismo al tiempo de apagar las luces. Llegamos tarde a todas partes; nacimos cuando ya era tarde en la Historia...."

En las mentes de una cantidad excesiva de ciudadanos Estadounidenses, desgraciadamente, el "atraso" de México tiene que atribuirse a la "debilidad" racial, a la indeferencia por los verdaderos problemas del mundo, y desde luego a un sistema político que ha producido una gran cantidad de corrupción.

Lo último acierta a ser la única evaluación no estereotípica que es válida. Sin embargo, aún aquí uno podría argumentar que este mismo sis-

tema político ha evitado lo que podría haber sido, de otro modo, una serie de dictaduras de derecha en México durante este medio siglo último.

Con gran seguridad, existen problemas, algunos de ellos muy desilusionadores, entre México y los Estados Unidos—conflicto social en la frontera, por ejemplo, donde se entrelazan las economías y las sociedades; hay asuntos referentes a la inmigración ilegal y al tráfico ilegal de narcóticos, y las fricciones ocasionadas por la diferencia de perspectivas sobre los asuntos internacionales. La América Central es un buen caso de ejemplo.

También existen algunos "bloques de construcción" muy sólidos, tales como el hecho de que México es nuestro cuarto asociado de negocios por su importancia, y que es nuestro mayor proveedor extranjero de petróleo.

Pero el asunto que deseo enfatizar es que la carga de procurar soluciones a las dificultades bilaterales, o de tratar de mitigarlas, descansa primordialmente sobre los Estados Unidos.

Esto es así debido a que, si ha de continuar siendo fiel al compromiso noble establecido desde hace largo tiempo, de ayudar a las naciones menos afortunadas a mejorar sus economías y sus sociedades—y al mismo tiempo animar y apoyar la propagación de instituciones democráticas, esta nación debe de asegurarse de que sus relaciones con México reflejen estos ideales.

Como nación dirigente del mundo libre, los Estados Unidos no pueden—ni deberían de desear—evadir la responsabilidad de tratar con las sociedades menos afortunadas sobre la base de justicia e igualdad absolutas.

En ese trámite, siempre necesitamos estar conscientes del hecho de que, si no podemos mantener una relación

amigable y comprensiva con México, nuestro vecino de al lado, este hecho no será perdido de vista por todas las demás naciones del Tercer Mundo en las cuales procuramos constantemente ejercer influencia en el contexto de los problemas políticos primordiales con el mundo comunista.

James H. Bullington, que es el director del Center Internacional "Woodrow Wilson" para los Estudios, ha escrito extensamente sobre las debilidades de la sociedad Estadounidense. En un artículo publicado en la revista "Foreign Affairs" (Asuntos Extranjeros) hace unos cuantos meses, él manifestaba este pensamiento lógico:

"Puesto que los problemas occidentales comunes de la división y la decadencia ponen en peligro más inmediato a nuestros aliados expuestos que a nosotros mismos, podría ser aconsejable el hacer que los dirigentes de las democracias debatan sobre los valores, mejor que sobre las economías, en su próxima reunión-cumbre."

En verdad, ésta podría ser una idea muy buena cuando el próximo presidente de México se reúna con el próximo presidente de los Estados Unidos. Quizás si el mezclar a los narcóticos, la deuda exterior, la inmigración y otros problemas con una discusión sobre valores, fijará el tono para lograr mejores relaciones entre México y los Estados Unidos a medida que cerramos el decenio de 1980.

Este enfoque podría llevar a las relaciones dignas que Salinas dice que espera ver establecidas.

(Richard Salvatierra, de Tucson, Arizona, es funcionario de carrera jubilado del Servicio Exterior de los Estados Unidos.)

Los Estados Unidos y Mexico Hablemos Sobre Los Valores

In the last edition of the I.E.H.N. the name of the owner of Ostioneria La Costa was incorrectly reported. His correct name is Rudy Landa.

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Photography/Layout	Michael Ponce
Secretary	Irene Santiago
Account Executive	Lorraine Enriquez

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Hispanic News
NEWSBRIEFS
Week in Review

Breast Cancer Reaches All Time High

WASHINGTON — The incidence of breast cancer — the leading cause of cancer deaths in women — has reached its highest rate in history, while the incidence of lung cancer among men declined to its lowest rate in this decade, the National Cancer Institute reported Monday (Feb. 2). L.A. Times, 2-2-88

City Officials Trim Expenses

SAN BERNARDINO — City officials spent \$9,331 flying out of Southern California to conferences and meetings in 1987, but they spent more time and money traveling in healthier budget times, according to the city administrator. SUN, 2-2-88

Mayoral Prospects Test Waters

SAN BERNARDINO — Although the next mayoral election is a year away, City Council members Esther Estrada and Michael Maudsley are testing the waters to challenge incumbent Evelyn Wilcox, they said Tuesday (Feb. 2). SUN, 2-3-88

Contra Aid Cut Off Officially

WASHINGTON — A bitterly divided House voted Wednesday (Feb. 3) to cut off U.S. military support for Nicaragua's Contra rebels, rejecting President Reagan's aid request in the hope of spurring peace prospects in Central America. SUN (AP), 2-4-88

Armed School Security Needed

A beefed-up, better trained and armed school security force is needed to quell rising violence at San Bernardino campuses, security officers said at a public hearing Thursday (Feb. 4). SUN, 2-5-88

Child Support Made Retroactive For Lost Fathers

A father who abandons his child and then hides to avoid paying child support may be ordered to make retroactive payments once he is found, a state appeals court ruled. L.A. Times (AP), 2-10-88

Construction Moratorium Lifted

SAN BERNARDINO — The state lifted an eight-month-old ban Monday (Feb. 8) on building custom homes and commercial and industrial buildings in San Bernardino's northern foothills. SUN, 2-11-88

Valentine's Tale: Bruised, Boozed and Contused

By Marta Salinas

I remember my first experience with a Latin lover. It was on the midnight shift in a quiet hospital in Washington state, Catholic, as I recall, which made the emergency-room diagnosis that much funnier: "Bruised, boozed, and contused."

It obviously was not the ward clerk's writing. Only a tired doctor on ampheta-

mines could have written it.

Patty, the other R.N., looked at me and smiled. "That's your department. You take him and I'll take the other seven."

"OK" I read the chart. How much trouble could this guy be? He had 66 stitches in one calf and a dozen more on his face. I saw the orderlies wheeling the gurney away and the sheets were a bright off-pink. The man had to be comatose.

"Gonzales, Humberto," the name plaque read. I stamped all the forms and went to check his vitals. I tiptoed in with my flashlight, and reeled from the odor. A brewery would have been milder. This explained the "boozed" part. I turned on the overhead light.

Two dark slits and a massive, distended expanse of purple greeted me. Definitely bruised. He looked like he might be quite handsome on a good day.

His vital signs were good. One of the slits moved and a sliver of white showed. "Hello." I couldn't think of anything appropriate to answer.

The other slit strained but was unable to open. "You married?" he croaked. It's the alcohol, a temporary dementia, I told myself.

As I checked his pulse, one hand grabbed my wrist. The mouth tried a smile. "Listen, I don't think you should talk." I was all business.

Something like a laugh came out of his throat. "God, you're pretty. Did I luck out! A foxy nurse. You married?" he asked again.

"Yes," I lied.

His fingers groped for mine. "Where's the ring?" He had a jump on Braille. "How old are you?"

I checked his dressing, exasperated. I had been a nurse for four years. Nothing like this had ever happened. "I think you need a pain shot."

I left the room. Patty was curled in a chair reading. She looked up. "How is he?" I drew the Demerol in the syringe. "You wanna trade back?"

He was waiting for me, tapping his fingers on the steel rail. "You're spunky — I like that in my women."

"Listen to me Mr. Gonzales." I leaned over him. "You have been seriously hurt." I waved his chart in front of his nose. "You almost bled to death. You were given three units of packed red blood cells. There are 66 stitches in your leg alone."

He smiled, a better one this time. Both corners of his mouth lifted.

"This is my lucky night. I've waited for a woman like you all my life. Hey, all the others, I was just marking time."

"Mr. Gonzales—"

His fingers were tracing a slow pattern up the inside of my arm. I pulled away. "Do you know what time it is?"

"I know it's the right time, baby." The man was hopeless.

"If you don't keep quiet, I'm not coming in here anymore and —" He waved one hand and put a finger to his lips. His hand got tangled in the sheets looking for my arm again. I started laughing. I suddenly wished I could keep him forever, just like this. Bruised, boozed, and contused. I had never known a Latin lover. There might be something to the myth.

I checked his blood pressure again, the stethoscope in my ears. One of his

Voices in the Crowd

What would you consider an ideal Valentine gift?



I would enjoy a nice romantic dinner at Ruebens in West Covina. After dinner, I would like to go dancing in Orange County. (She would not reveal her partner for this romantic night.)

Yolanda Escajeda, San Bdn



My idea of an ideal Valentine's gift would be a brand new black corvette. I like that type of car, I guess I still have a little of the sporty-type in me. Why ask for trinkets when you can have the main things.

James Williams, Pomona



For Valentine's I would like some cash and a Nissan. A truckload of white roses would also be nice.

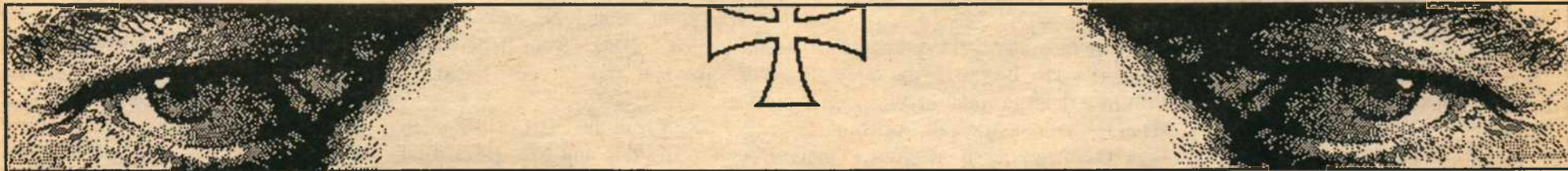
Carmen Bernal, Fontana



I would ask for a sweetheart with a good sense of humor who was friendly, gentle and kind. I would like to spend some time in Puerto Vallarta with this sweetheart.

Paula Grisham, San Bernardino

ASHES ARE ONLY SYMBOLS OF LENT



By Sonia D.T. Rodriguez

"Remember man, that you are dust and to dust you shall return." Book of Genesis

February 17 is Ash Wednesday and Catholics throughout the world will be visiting their parishes to receive ashes on their foreheads in the sign of the cross.

However, there seems to be some misconceptions about Ash Wednesday. "They seem to see it as a holy day of

obligation," said the Very Reverend Peter Luque, "churchgoers place a lot more importance in the ashes than the church."

According to Luque it is only a symbol of the church but many Hispanics identify death and earthiness with the ashes and place a disproportionate importance on them. "To some it is a cultural thing, it is their only connection with religion."

"We need to get our priorities and concepts straight, religion is not a one

shot deal. We need to make a commitment to go to church every Sunday. Ashes are just reminders that we should have a greater sense of penance during the Lenten season."

Ashes are a symbol that people will pray, fast and perform almsgiving during this period of time. "It also means we are willing to die and arise with Jesus Christ. A way we can die is by being unselfish in helping the poor, praying and doing penance." Many people also make an offering by giving something up during

Lent, which is also a way of dying.

"Many do not know that Sunday does not count as part of the Lent season, you do not have to do penance that day because each Sunday the church celebrates the resurrection of Christ."

Starting February 17 and continuing through March 30, every Wednesday at 7:15 p.m. Lenten Reflection workshops will be held at San Salvador Church in Colton. These workshops will be conducted by Luque.

La "Fiesta De Los Quince" Se Une A La De Especies En Peligro

Por Ana Veciana-Suárez

Durante meses, los asuntos de importancia de nuestra familia se han centrado en un acontecimiento familiar extremadamente importante. Mi hermana menor cumple 15 años en este mes.

Mis padres, lamentándose de los años de escasez transcuridos, deseaban algo grande, con distinción y exhuberancia, algo que no habían podido dar a sus dos hijas mayores.

Mamá soñaba con el vestido de su hija: Varias capas de tul espumoso, de color azul celeste o rosado como el algodón dulce, quizás si con un toque de seda y organdí, y una buena medida de cintas. Habría, desde luego, la omnipresente tiara de imitación de diamantes, guantes blancos delicados y los tacones bajos más apropiados para una jovencita, que se vieran por debajo del vestido largo. Y las flores. Ah, las flores! Serían lilas de tallo largo, o rosas, o quizás orquídeas? Un puñado de azahares en los floreros de centro de mesa. Nada demasiado corriente ni demasiado elemental.

Y, a medida que ella tejía cuentos de hadas con pétalos e hilo, mi padre se ponía filosófico. Su nena estaba en el umbral de la feminidad, una oportunidad que hace pensar hasta a los hombres menos sentimentales. Y mi padre está lejos de ser indiferente sobre esos asuntos. A decir verdad, creo que ha derramado algunas lágrimas. El tiempo — cuán implacable — estaba alcanzándolo.

Pero mientras que mis padres se ocupaban de sus asuntos, mi hermanita soñaba por su cuenta. Producto verdadero de su ambiente — o bien debería yo decir, una mezcla saludable de pragmatismo estadounidense y aspiraciones Cubanas — ella decidió en contra de una fiesta. No le preocupaba algo tan pasado de moda como la tela fruncida o un grupo de músicos, algo como para

entretener a otros. Sus pensamientos eran diéndole más capitalista:

Dinero para un viaje al extranjero o un fondo especial para los gastos futuros de la escuela superior.

Huelga decir que su decisión de privar a la familia de una demostración costosa de poder y riqueza dejó a mis padres desilusionados.

Cómo han cambiado los tiempos! Cuando yo cumplí 15 años, en realidad no hace tanto tiempo, la decisión no era si habría una "fiesta de quince" — quien habría concebido una blasfemia tal? — sino dónde, con quién y cuánto costaría. Se pasaban los meses decidiendo qué amigos formarían las 14 parejas que acompañarían a la "quinceañera" en el vals tradicional.

Y las alternativas para la fanfarria chillona eran limitadas, en la que la gran entrada a la fiesta y a la sociedad (por la vía de un arreglo escénico) adoptada una variedad que producía vértigo: A través de las puertas dobles del castillo de la Cenicienta; encima del estambre en brote de una flor enorme, o descendiendo suavemente desde un avión figurativo.

Algunas personas todavía escenifican esas fiestas, pero ya no se acostumbra tanto. Una cantidad de adolescentes cada vez mayor viene optando por "fiestas de quince" discretas, o sencillamente pasándose sin ellas.

Por qué? Como exiliados, hemos evolucionado. No es que las "fiestas de quince," una tradición venerada y valiosa, vayan a morir pronto. No debería de ser así.

"Hubo una época en que el despliegue ostentos de riqueza era la norma," explica Alfonso Rey Grafos, que ha estado planeando "fiestas de quince" en "Angelita's Novias," de Miami, durante casi dos decenios. "Si Fulanita hacía algo en sus quince, la próxima clienta quería hacer algo mejor, aún cuando sus padres no tuvieran el dinero para hacerlo."

Grafos le llama "complejo de nuevos



ricos." Al contrario de la creencia popular, las "fiestas de quince" en Cuba eran acontecimientos discretos, solamente pudientes disfrutaban de fiestas fastuosas. Pero en el exilio, la tradición alcanzó alturas embriagadoras.

"En Cuba, si uno vivía en un barrio modesto, no tenía automóvil. Aquí cualquiera puede tener un Cadillac. Y cualquiera puede lanzar una gran fiesta. Se consiguen una segunda hipoteca sobre la casa, o trabajan en dos empleos, y obtienen un préstamo," dice Grafos.

Pero la gente ya no está tan ansiosa de hacer más éso. De seguro, los jovencitos que aprenden sus primeros pasos de baile

alquilarán trajes de etiqueta para la ocasión; todavía se baila el vals, y el operador de cámara de imagen y sonido ha sustituido al fotógrafo y el vestido aún se teje con sueños. Pero, gracias al cielo, no es una pesadilla para los padres.

Podría ser que ya no necesitamos pretender por más tiempo?

Ana Veciana-Suárez es reportera y columnista de the Miami Herald.

QUE ES LA DIABETES?

La diabetes es una enfermedad que afecta la manera en que organismo utiliza el alimento que recibe, haciendo que niveles de azúcar en la sangre sean demasiado altos.

Normalmente, durante la digestión, el organismo transforma los azúcares, almidones y otros alimentos en una forma de azúcar que se llama glucosa. Luego, la sangre lleva esta glucosa hacia todas las células del cuerpo. Allí, con la ayuda de la insulina (una hormona), la glucosa se transforma en una energía rápida que es inmediatamente aprovechada por las células o queda como reserva para necesidades futuras. (La insulina se produce en las células beta del páncreas, que es un órgano pequeño que se encuentra detrás del estómago.) El proceso por el cual el alimento se transforma en energía es de fundamental importancia, pues el organismo depende del alimento para poder cumplir todas sus actividades.

En la diabetes, hay algo que no funciona bien en el proceso normal de transformar los alimentos para usarlos como energía. El alimento llega a transformarse en glucosa, pero hay un problema con la insulina. Hay un tipo de diabetes en el cual el páncreas no puede producir insulina. Hay otro tipo en el cual el organismo produce insulina pero la cantidad es demasiado pequeña o hay problemas en el uso de la insulina (o ambas dificultades). Cuando no hay insulina, o cuando ésta no es efectiva, las células del cuerpo no pueden usar energía con la glucosa de la corriente sanguínea. Por el contrario, la glucosa se acumula en la sangre produciendo niveles altos de azúcar que son típicos de la diabetes al inicio o cuando no se recibe el tratamiento adecuado.

TIPOS DE DIABETES

Los dos tipos principales de diabetes son: Tipo 1 y Tipo 11.

SEÑALES DE ADVERTENCIA

Los siguientes síntomas son típicos. Pero algunas personas con diabetes de tipo 11 tienen síntomas tan leves que pueden pasar desapercibidos

TIPO 1

Necesidad de orinar con frecuencia
Sed excesiva
Apetito excesivo
Notable pérdida de peso
Irritabilidad
Debilidad y fatiga
Náuseas y vómitos

TIPO 11

Cualquiera de los síntomas del tipo 1
Infecciones de la piel, de las encías y de la vejiga que son difíciles de curar o que vuelven a aparecer
Somnolencia
Visión borrosa
Hormigueo o entumecimiento de las manos y los pies.
Picazón

Un lugar donde puede acudir para recibir apoyo e información es la Asociación Americana de Diabetes (American Diabetes Association) Si desea obtener más información sobre los servicios que presta la American Diabetes Association y cómo hacerse miembro de la misma, comuníquese con la filial local de la Asociación en el área donde usted vive (consulte las páginas blancas de la guía de teléfonos), o comuníquese con nuestra sede nacional:

American Diabetes Association, 1-800-ADA-DISC

Westside Health Fair Presented By San Bernardino Community Hospital

On Saturday, February 27th, The San Bernardino Community Hospital is offering a Health Screening and Information Fair for residents of the westside of San Bernardino. The service will be available from 10:00 a.m. to 3:00 p.m., and is free to the general public.

The purpose of the Westside Health Fair is the early detection of health abnormalities and promotion of health awareness.

The screening services will include height and weight, blood pressure, cardiac risk factor, blood glucose and visual screen and sickle cell anemia. Also offered will be information on stop smoking, substance abuse, maternal and child care, seat belt demonstration, Senior Class, and summary and referral. The San Bernardino Community Hospital health care professionals will volunteer their time to summarize screening results

and discuss the results to seek additional health care.

The Westside Health Fair is sponsored by The San Bernardino Community Hospital in cooperation with the Inland Empire Hispanic Chamber of Commerce, Kiwanis of Greater San Bernardino and the Black Culture Foundation.

Although the Health Fair will focus on the health care needs of all the people on the westside, the program will recognize Black History Month and the contributions Black Americans have made toward the advancement of our society.

For more information about the Westside Health Fair call The San Bernardino Community Hospital Public Relations Department at 887-6333, extension 1255.

FIBRA EN SU DIETA

Que es la fibra?

Fibra es el material de las plantas que no se digiere y provee estructura a las plantas. Se encuentra en vegetales y frutas crudas, en granos de trigo sin refinar y en cereales.

Como puede aumentar la cantidad de fibra en su dieta?

Incluya diariamente alimentos como:

Pan y cereales de grano entero

Pan de trigo, cereales con salvado (Bran), tortillas de maíz, o preparadas con harina de trigo.

Frutas frescas

Consume las frutas con cascara en vez de pelarlas, o solamente tomar el jugo.

Vegetales crudos

Incluya una o mas ensaladas de vegetales verdes y tambien otros vegetales crudos. Tambien puede consumir vegetales cocidos.

Frijoles secos, chicharos, nueces

Consuma estos alimentos en moderacion, son altos en fibra pero tambien altos en calorías.

Salvado de trigo (Wheat Bran) sin azúcar

1-2 cucharaditas diarias)

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HELP
BEFORE IT'S TOO LATE

- | | | |
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| <input type="checkbox"/> DEPRESSION | <input type="checkbox"/> ALCOHOL | <input type="checkbox"/> ANOREXIA |
| <input type="checkbox"/> ANXIETY | <input type="checkbox"/> DRUGS | <input type="checkbox"/> BULIMIA |
| <input type="checkbox"/> TENSION | <input type="checkbox"/> STRESS | <input type="checkbox"/> COMPULSIVENESS |
| <input type="checkbox"/> PROBLEMS WITH RELATIONSHIPS | | |



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The San Bernardino Community Hospital



A DIVISION OF THE ARROWHEAD HEALTH CARE SYSTEM

Congratulations to
Black Culture Foundation
on the
19th Annual Black History Celebration
"REACHING OUT TOGETHER"

An Open Invitation

Saturday, February 27, 1988
10 AM - 3PM

WESTSIDE HEALTH FAIR
at



The San Bernardino Community Hospital
1500 West Seventeenth St.
San Bernardino, CA 92411

For Information Call: 887-6333 ext. 1255



A Division of THE ARROWHEAD HEALTH CARE SYSTEM.

BUSINESS OF THE WEEK

EL SUPER MERCADO



Proprietor Jesus Cardona with sister-in-law Doris Guerra and niece Monica and nephew David Guerra



Tomatillos are found in abundance at Los Compadres

Por Jesse Sepulveda

El Super Mercado y Carniceria Los Compadres, antes El Rancho, es un rincón Latinoamericano en San Bernardino, con gran variedad de productos Latinos de Mexico y Centro America, así como también Cubanos y Puertorriqueños, y una gran variedad de productos Americanos.

Sus propietarios, Medardo Guerra y Jesus Cardona, siempre se han preocupado por la calidad y surtido de su mercadería, y por ofrecer la misma a su numerosa clientela Hispana, a los precios mas razonables posibles. Es quizá por esto que éste Super Mercado es uno de los mas concurridos del area.

Es nuestro deseo de dar a conocer en Hispanic News, a todos y cada uno de los negocios que sirven a la comunidad

Latina de esta area, nos fuimos ha dicho Super Mercado y entrevistamos a sus propietarios y a algunos de sus clientes y esto es lo que nos dijeron.

"Medardo, cuando abrieron este Super Mercado?"

"Nosotros lo empezamos a trabajar en 1986, pero el mercado ya estaba bajando."

"Porque el nombre de Los Compadres?"

"Bueno, eso lo hicimos porque ya teniamos otro negocio con el mismo nombre, y queriamos seguir la tradicion".

"Sabemos que ustedes tienen otro

"El otro Super Mercado Los Compadres, esta en el 4801 Main Ave en Baldwin Park. Telefono (818) 337-1611.

"Porque abrieron este mercado aqui en San Bernardino?"

"Porque nos dimos cuenta que hacfa falta un mercado Latino, para la comunidad Latina de esta área."

"Que porcentaje de clientela Latina tienen?"

"Nuestra clientela es variada, pero la mayoría es Latina."

"Porque crees que tienen tanta clientela?"

"Bueno, eso me gustaria que se lo preguntara a nuestros clientes.

Dejamos a Medardo, y nos fuimos a preguntar a las personas que en ese momento hacfan sus compras, el porque preferían comprar en Los Compadres.

"Señora, porque compra Ud. aqui?"

"Bueno, porque es barato, hablan nuestro idioma y nos tratan bien."

"Y Ud. señor, porque compra en Los Compadres?"



El Super Mercado carries a large selection of chiles

"Yo compro aquí porque me cambian los cheques, e encuentro todo lo que necesito a precios justos.

"Y Ud. señorita, porque compra aquí?"

"Yo siempre vengo aquí, porque encuentro mis revistas favoritas, y hoy vine a comprar esta piñata."

Y así, despues de charlar un poco con

los propietarios de Los Compadres y sus clientes, y comprobar que la gente Latina los prefiere, terminamos nuestra visita a Los Compadres, un rincón Latino en San Bernardino.



A store employee labels products in fruit juice section

Cal State Reception to Honor Hispanic Educators

Several Hispanic educators who are new to the Inland Empire will be introduced during a public reception in their honor from 5 to 7 p.m., Feb. 23 at California State University, San Bernardino.

The honorees will include new faculty from the University, San Bernardino Valley College and Colton and San Bernardino Unified School Districts. The reception, held in the Ca State Lower Commons, is co-

sponsored by a number of civic groups and university associations.

The event will cap a half-day regional conferences of the Raza Advocates for California Higher Education (RACHE). More information is available from Dr. Tom Rivera at (714) 887-7395.

Chamber Queen Contest

The Inland Empire Hispanic Chamber of Commerce is having their annual Queen contest, on Saturday April 2, 1988, at Cal State, San Bernardino, in the Upper Commons Center.

The qualifications for contestants are:

1. They must be of Hispanic descent and a legal resident of the United States.
2. Candidates must possess scholastic interest.
3. Candidates must be between the ages of 17 through 21 (all contestants must be 18 by December 31, 1988).
4. Candidates for the contest must be single and must never have been married divorced, had a marriage annulled, or

conceived a child and must remain unmarried during her reigning year.

5. Candidate must not be professional model.

The new queen will receive a \$500.00 Scholarship and will get to ride on the San Bernardino Rose Parade Float on New Years Day. The two runners up will receive \$250.00 each.

All applications must be filed by March 1, 1988

For further information contact Mina Romero 864-8371- after 6:00 p.m., or the Inland Empire Hispanic Chamber of Commerce at 888-2188.

CALIFORNIA CONSERVATION CORPS

CIVIL SERVICE EXAMS CONSERVATIONIST I AND II

You are cordially invited to attend a presentation hosted by the California Conservation Corps. We are presently conducting these presentations on upcoming civil service exams for Conservationist I and II.

We are requesting your support and assistance as al-eader in the community to inform others about this excellent opportunity to begin a career with our department.

Date: February 18, 1988
Time: 1:00 p.m.; 7:00 p.m.
Place: CCC Recruitment Office
247 W. 5th St. San Bernardino

PLEASE R.S.V.P. BY FEBRUARY 17, 1988
CONTACT: SAM DURAN (714) 862-3600 or
CHRISTINA GARCIA (714) 862-3601

INCOME TAX ASSISTANCE

It's income tax time again and the tax reform changes are varied. The Colton Human Services Department is sponsoring tax assistance programs through April 15.

These programs are primarily intended to provide assistance to those with a low-income, under \$15,000 a year, seniors and those with handicaps or disabilities. These programs are free and are being provided by volunteers who have been trained by the Internal Revenue Service and the Franchise Tax Board. We thank the V.I.T.A. and A.A.R.P. Associations for providing the volunteers. For best service bring last years forms and all information about your income.

INCOME TAX ASSISTANCE SCHEDULE

HUTTON CENTER/MUNICIPAL PARK

660 COLTON AVENUE -370 5086
TUESDAY 10:00 a.m. -1:00 p.m.
WEDNESDAY 10:00 a.m.-1:00 p.m.

COLTON PUBLIC LIBRARY

656 N. 9TH STREET-370-5083
THURSDAY 9:00 a.m.-1:00 p.m.

LUOUE CENTER/VETERAN'S PARK

292 E. 'O' STREET-370-5087
FRIDAY 9:00 a.m.-12:00 p.m.
SATURDAY 9:00 a.m. -1:00 p.m.

Utility Assistance Funds Available Through United Way Energy Program

FUNDS FOR THE WINTER ENERGY ASSISTANCE PROGRAM are now available for payments of electric bills to Southern California Edison Company. This program will be administered through United Way agencies throughout Southern California. Locally, six United Way agencies will be conducting this program, from February 3 through March 31, (or until funds are depleted).

Customers seeking assistance with their electric bills will have to meet established criteria, which includes the following:

1. Customer must present either a "shut off" or "disconnect notice" to the agency to be eligible.
2. Customer must present proof of income to meet income eligibility requirements.
3. Elderly customers 60 years of age or older, and the handicapped/disabled who receive State Supplemental Income (SSI) automatically qualify for assistance and do not have to meet income qualifications.

These agencies will have the necessary paper work to assist in the payment of electric bills. Please call the agency first for additional instructions.

This program will be operated on a first-come, first-served basis at the following agencies:

Catholic Charities—370-0800—Wednesdays & Thursday only.
Crest Forest Community Center—338-3304—Monday thru Friday -1-5 p.m.
Frazee Community Center—884-6760—Monday & Friday only
Lutheran Social Services—381-1511—Wednesdays only
Salvation Army Extension Services—350-0729—Monday thru Friday
Salvation Army, San Bernardino Corps—888-1336—Tuesdays only

Remember, you will be assisted **ONE TIME ONLY** this year.

REAL ESTATE LOANS



Sally Gonzales
Loan Consultant

245 W. Highland
San Bernardino, CA 92404
(714) 881-1797

Se Habla Español

PURCHASES, REFINANCE, NO INCOME QUALIFIERS
SINGLE FAMILY **MULTI-FAMILY**

By Bill Rodriguez

Leadership qualities, assertiveness, self expression, goal setting, and an understanding of Hispanic cultural heritage will be the focus this summer when the "Future Leaders of America," a Latino youth leadership program, meets for a fourth consecutive year on July 17.

The program was developed in response to an apparent educational regression, now facing the Hispanic community and its youth.

Addressing this problem are many concerned citizens, both inside and outside of the Hispanic community.

One of these concerned citizens is a man from the heart of the "Barrio," whose achievements and attitudes alone, could very well inspire many of our youth to strive for academic excellence.

That man is none other than Dr. Thomas Rivera, an associate dean at California State University, San Bernardino.

Rivera is currently the Chairperson of the Inland Empire Coordinating Committee for the "Future Leaders of America," (FLA).

The primary objective of the FLA is to encourage Hispanic youth to stay in school, as well as participate in church and community related activities, and of course to study prep and eventually enroll in a college.

This year, 100 junior high and high school Hispanic students will be selected to participate, they must have achieved at least a 3.0 grade point average, written an autobiographical statement, a description of their school and community and produce two letters of recommendation from their school and from a resident of their respective communities.

The administration and staff of the FLA consists predominantly of volunteers and all expenses are paid with donations from individuals, community or-

PERSONAL PROFILE: DR. TOMAS RIVERA



ganizations and area business.

Rivera was raised in South Colton, an area consisting largely of Hispanics. He attended Colton schools, followed by two years at San Bernardino Valley College. In 1963 he received his B.A. in Sociology from Cal State Los Angeles.

After spending 1964 and 1965 in the Peace Corps, he began teaching for the Rialto School District.

From 1970 to 1972 Dr. Rivera served as a counselor at San Bernardino Valley College, after which he began his current administrative position at Cal. State, San

Bernardino. In 1973 he received his Doctorate from UCLA.

Rivera says that the recent attitudes of the Hispanic youth concerning academics and the application thereof are indeed cause enough for action and reaction. He also says that a problem of this magnitude should be a matter of extreme urgency to everyone because as he points out there is an alarming 44 percent Hispanic High School drop-out rate in San Bernardino County. Combined with the growing number of Hispanics in prisons, and Latino welfare recipients, Rivera says that he sees a frightening trend that must be confronted and subsequently turned around.

According to Rivera, another problem that Hispanics face has been the existence of the current Ronald Reagan Administration and its insensitivity towards minorities in regard to educational opportunities.

"Ever since Ronald Reagan, some of our efforts have gone down the tubes. His attitude gives citizens a bad attitude towards the recipients of these necessary programs. We need to get our children fully involved, so that they can gain the ability to contribute to society and themselves. We must also make parents aware of the necessity of their involvement in the education of their children, as well as what is available in academics," said Rivera.

In 1980 Rivera contracted an illness which was diagnosed as a nerve-muscle disorder known as Guillen-Barre. It rendered him

completely paralyzed from the neck down.

After spending 16 months in a hospital, and another year and a half in physical therapy, he returned full time to his

Please see RIVERA, Page 12

FUTURE LEADERS OF AMERICA

By Bill Rodriguez

The Future Leaders of America, (FLA), was founded in 1982 by Mr. Gilbert Cuevas. The intent of the FLA is to encourage Hispanic youth to strive for academic excellence, become involved as leaders, take college prep courses, and enroll in college.

The founders of the program are motivated to help these youngsters for three basic reasons: 1) Nearly half the Hispanics students enrolling in Kindergarten will drop out before graduating from high school; (2) Few college potential students enroll in college; (3) College entrance requirements demand a certain grade point standard for the last three years of high school.

Hispanic eighth and ninth graders representing communities in San Bernardino, Riverside, Los Angeles, and

San Diego counties are the focus of this program. Coordinating committees for the FLA feel that it is imperative for the project to be implemented at an early age. Early enough for the students to put the program into practice while still in high school.

The administration and staff of the FLA consist predominantly of volunteers, and all expenses are paid with donations from individuals, community organizations, and area businesses.

Chairing the coordinating committee for the FLA in the Inland Empire is Dr. Tom Rivera, who says that the program was first introduced to him by the current Vice-Chair of the committee, Ms. Susan C. Vargas.

Vargas is a teacher with the San Bernardino School District and according to Rivera, is one of the main people instrumental in bringing the project to the Inland Empire. "she talked to me about three years ago, about this wonderful

project that they had in the Oxnard, Ventura area. Sure enough, we worked it out and it became a reality."

In 1985, the FLA began to work its program in the Inland Empire. Ninety five students were enrolled in the program that year. Thirty-four of those students are now seniors in high school.

Rivera notes the growth and results in the last four years. For instance, he points out that in Colton High School, all four of the class presidents are FLA alumni.

While the FLA in the Inland Empire focuses on students from Riverside and San Bernardino counties they also enroll students from La Puente, California and from Barstow to San Diego.

Every year 100 to 115 students are selected by achieving a minimum 3.0 grade point average, submitting an autobiographical statement, along with a description of school and community activities and two letters of recommendation from school personnel and commu-

nity residents.

On July 17 of this year these selected students and their parents will meet FLA Staff at California State University, San Bernardino, (CSUSB). They will receive orientation and some lunch, after which they will leave their parents and board buses bound for Camp Seely in Crestline. The camp, which is held on a yearly basis, lasts for five days.

At the beginning of the camp,, the students are asked to engage in an activity known as the "Ice Breaker." This consists of an inner and outer circle comprised of the participating students. These two circles travel in opposite directions until they are told to stop. At that point they're expected to become acquainted with the student in front of them. After becoming acquainted with and receiving pertinent information about this person, they will stand in front of the group and introduce this new

Please see LEADERS, Page 12

Crime Tip: Making Your Mark Against Crime



Sgt. Dan Hernandez
San Bernardino Police Dept.

There are two types of potential victims: The easy mark and the hard one. The easy mark is a personable fellow with a sense of style. He doesn't mind walking down unfamiliar streets. On his way, he'll occasionally stop for directions or to give someone the right time. He likes wearing jewelry and gets a little kick out

of showing off a few expensive baubles. And he'd never be caught without all the right credit cards or enough cash in his wallet.

The hard mark doesn't seem nearly as friendly. She always travels in pairs or with a group of friends, and she never stops to give a stranger the time of day. If she wears any jewelry, she usually puts it in a pocket before she goes outside. The way she clutches her purse, it couldn't be pried loose with a crowbar.

There's another big difference between these two people the hard mark is less likely to become a victim of crime. The difference may be as simple as a matter of attitude, of deciding not to be a victim.

In crime-ridden cities, making that decision may be the only difference that counts when it comes to protecting your home, your property, your family, and yourself. If a criminal thinks you're a

difficult target, he'll probably pass you by.

Presenting a difficult target for criminals means following common sense and learning to think defensively on the streets. It also entails buying the proper locks and security devices for your home, as well as making sure to lock car doors and to park in well-lighted areas. It also means forming neighborhood watch groups, business crime watch groups, and knowing when to turn to the police or victim support groups. Here is a tip from several police departments on how to stay safe and secure. The advice may seem obvious. Perhaps that's why so many people overlook it.

Present an image that says, "I'm not easy". It's amazing how many people out there who are prepared to commit crimes will pick up on that. There are things that say, "Not easy" just by looking at them. This is not being paranoid.

It's making adjustments because times have changed, and not for the better.

GENERAL TIPS:

Don't approach strangers to ask directions, and don't stop to answer even the most innocent questions.

Use different routes to home or work, instead of the same route day after day. Criminals look for victims with regular habits.

When you do walk anywhere, try to go in a group or at least in a pair.

When you walk alone, stick to main thoroughfares. If possible, try to walk against the flow of sidewalk traffic. This will make anyone following you stand out.

Never carry all your credit cards or more money than you need for the day.

If you ever are attacked, don't panic.

If an attacker is only after your purse or wallet, give it to him.

NATURALIZATION OF NEW AMERICANS AT RECORD HIGH IN 1986

WASHINGTON — The number of legal immigrants who became U.S. citizens reached post-World War II high in 1986. Immigrants from the Philippines, Vietnam and Mexico represented the largest segment of new citizens, according to an analysis by the National Association of Latino Elected and Appointed Officials (NALEO).

"Although U.S. citizenship may be taken for granted by native born Americans, one of the key elements in the history of this country is that we have been successful at integrating immigrants into our society," says Dr. Henry Pachon, NALEO's National Director.

Immigrants must wait five years before applying for U.S. citizenship, known as naturalization. The 280,623 naturalizations awarded in 1986 represents a 14.7% increase over 1985 levels. Almost 40% of 1986's newly naturalized citizens reside in California, with another 30 in New York, Illinois, Florida and Texas (see Table 1).

Despite the near-record level of natu-

ralizations in 1986, the overall pool of legal resident aliens who have not yet become U.S. citizens increased. Almost 602,000 individuals immigrated in 1986. These new immigrants join the half-a-million or more legal immigrants who have come to the United States annually since 1980 (see Table 2).

"Increasing levels of legal immigration assure that demand for naturalization will remain high," according to Pachon. "If the number of noncitizens continues to grow, it will present a potential dilemma for our democratic system. We need to realize that immigration is not just a part of our history, but a contemporary reality."

NALEO is in the fourth year of a project to increase naturalization rates in the Hispanic community. Among other activities, NALEO is operating two toll-free U.S. citizenship hotlines (1-800-44-NALEO, nationwide and 1-800-34-NALEO in California) and a clearinghouse of U.S. citizenship educational materials, as well as publishing a quarterly newsletter on U.S. citizenship.

NALEO is a national nonpartisan Hispanic civic affairs and advocacy organization with more than 3,000 members nationwide.

TABLE ONE

TOP STATES OF RESIDENCE OF THE NEWLY NATURALIZED: 1986

STATE	NUMBER	
1. California	105,284	37.5%
2. New York	39,571	14.1%
3. Florida	20,366	7.3%
4. Illinois	18,606	6.6%
5. Texas	13,439	4.8%
Five State Total	197,266	70.3%
TOTAL NEW U.S. CITIZENS	280,623	

COMPILED BY: THE NALEO EDUCATION FUND

Over 70% of the newly naturalized citizens reside in just five states.

TABLE TWO

IMMIGRATION AND NATURALIZATION 1980-1986:

The Pool of Noncitizens Steadily Increases

YEAR IMMIGRATION NATURALIZATION

1980	530,639	157,938
1981	596,600	166,317
1982	594,131	173,688
1983	559,763	178,948
1984	543,903	197,023
1985	570,009	244,717
1986	601,708	280,623
TOTAL	3,996,708	1,399,254

Source: 1980 Statistical Yearbook of the Immigration and Naturalization Service, Tables 2 and 19.

1986 Statistical Yearbook of the Immigration and Naturalization Service, Tables 2 and 19.

Compiled by the NALEO Education Fund

For your convenience the Inland Empire Hispanic News may found at the following locations in San Bernardino:

Mitla Cafe
602 N Mt Vernon Ave.

Your Market
739 N. Mt. Vernon Ave.

Super Mercado
1184 W. 2nd St.

La Esperanza
1208 W. 5th St.

La Casita
385 N. "E" St.

Ostionerias

La Bata

Authentic Foods of Mexico

MENUDO SATURDAY & SUNDAY

(Coming soon!)

464 So. Mt. Vernon
San Bernardino, CA 92410
(714) 884-8905

5405 Arlington
Riverside, CA 92504
(714) 354-6868

Colton Boxing Club is Home to Champions

By Roy Saldana

The Municipal Park Building and location site of the Colton Boxing Club was originally a Boy Scout cabin. It later became the Colton Little Theatre which in a short period of time, was abandoned. Recreational director Max Lofy salvaged the building and contacted long time friend, Savas Robledo. During 1975 Robledo became headcoach and trainer at the New Colton Boxing Club.

Head coach Savas has the help of two assistant trainers and is a veteran professional boxer. He turned professional in 1941 and has had 25 pro-fights. In 1939 he won the Diamond Bout. Assistant trainer Lupe Robledo was at one time a protégé of mentor Savas in 1944. "At the San Salvador Catholic Church Boxing Club, I learned to fight", said Lupe. His first pro-fight was in San Francisco

against Bobby Scanlon, a #1 contender for the middle weight. The other assistant trainer, Steve Aguilar occasionally fights exhibition and has learned all about the sport from Lupe. Each trainer is required to have a license which permits them to legally train and coach.

The amateur boxers compete throughout Southern California with affiliated clubs. These boxing matches are three -2 minute rounds and then evaluated by three judges.

Amateur boxers must wear gloves, headgear, mouth-piece and cup supporter in order to compete. The gloves are black with a white area around the fists. The object is to hit the opponent's front part of the body with the white area. Doctors check the boxers before and after each match. Trainer Lupe Robledo said, "there have been no injuries since

1975". The club's boxing philosophy is, "hit without being hit." Lloyd Mackey, a member of the Colton Boxing Club, wants people to know "boxing is safe, not brutal like people think."

Albert Aguilar, 13 yrs. old, has a hard time finding fights because of his weight and age. When asked why he likes to box he said, "It's a fair sport, you compete against people the same weight and age."

Albert Guardado, 14 yrs. old, enjoys boxing and has his goals in sight. "I want to earn the ABF Scholarship and the Olympic Gold Medal."

John Aguilar, older brother, ranks 3rd in the ABF Junior Class Division at 125 lbs.. John's mother was asked how she felt about her son boxing, "It makes me nervous but I want him to win," she said. He has not yet decided whether he will pursue turning pro, right now he says, "

Completing school has top priority in my life".

The basic routine exercises consist of coordination, how to throw a jab, balance and hooks. Then the trainees are drilled on their defense, bobbing, weaving, parring, slipping and blocking. Reaction punches are taught and learned when more advanced. Depending upon their experience, the trainees may qualify to spar up to twice a week.

Savas Robledo does not put up with horse play during training, "If they want to play they can go outside," he said about his trainees. Lupe Robledo tells the boys when they first start to train, "Its gonna get tough but hang in there cause that's when the tough get going."

The Colton Boxing Club encourages people to visit and try out the facilities.



Left to Right, Albert Aguilar, John Aguilar and Albert Guardado, Colton Boxing Club fighters stand before numerous trophies won in competition.

Colton Boxing Club: L.to R. Front Row, Savas Robledo, Baby Matthew Nava, Phillip Nava, Robert Henriquez, Tomas Paranuti, Eddie Ochoa, Albert Robledo, Brian Morana, Lupe Robledo; Middle Row, Eddie Paranuti, Albert Guardado, Miguel Gonzales, Javier Ayala, Albert Aguilar; Back Row, John Aguilar, Albert Guardado, Sr., Steve Aguilar, Steve Lowes, Elijo Garcia, Jamie Johnson, Jerry Morana, Tim Whiteman and Gary Johnson



Mini-Deportivas

Por Jesse Sepúlveda

El Mexicano Ruben Olivares, ultimamente ha manifestado su deseo de volver al ring, pero esta vez para despedirse del box en forma definitiva, segun lo ha expresado él mismo a la Comisión de Box del Distrito Federal.

El manejador de Ruben, el cuyo Hernandez, asegura no estar de acuerdo en que Ruben vuelva a los cuadrilateros, pues segun dice, Ruben ya no esta en condiciones de pelear, y un pleito a su edad y con los problemas de salud que éste tiene podría ser muy arriesgado.

Los que saben un poco mas sobre los motivos que hacen pensar a Ruben en un posible retorno al ring, aseguran que la situacion economica de Ruben es tan precaria, que este sólo piensa en conseguir una pelea para ganar un poco de dinero, pues despilfarró con sus amigos en las parrandas todo lo que el box le habia dado, y ahora se encuentra sin dinero y sin amigos, y posiblemente sin la oportunidad de volver al ring, ya que la Comisión de Box del Distrito Federal

tambien considera que no debe pelear mas.

El caso de Ruben Olivares, nos recuerda lo que pasó con Larry Holmes, quien después de algun tiempo de inactividad y con unos años de mas, volvió al ring con el deseo de ser el campeón mas viejo de la división de los pesos pesados, y lo único que consiguió fue una triste derrota en el cuarto round, a manos de Mike Tyson, actual campeón, quien lo derrotó con notoria facilidad, demostrando una vez mas que en el deporte la edad es lo mas importante.

Creemos que de volver al ring, Ruben podría tener la misma suerte que Holmes, pues aunque ambos fueron muy buenos campeones en su tiempo o la inactividad boxistica y la edad les impide seguir brillando en el mundo del box.

El pasado dia 15, la seleccion de fútbol Ecuatoriana empezó su entrenamiento con miras al Mundial de Italia, segun fue anunciado por Carlos Coello Martinez, vocero de la Federacion Ecuatoriana de

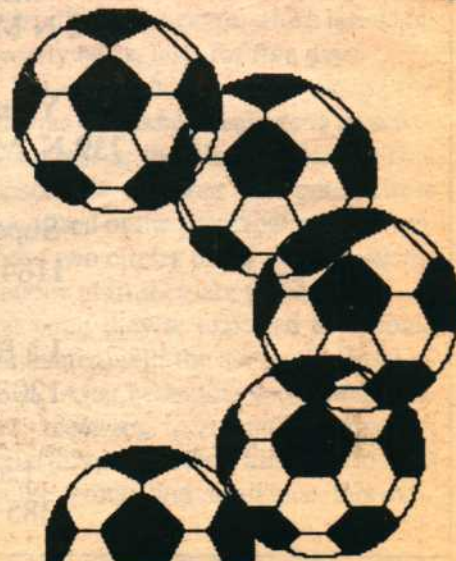
Fútbol. Ecuador esta en el Grupo II con Colombia y Paraguay y se espera que haga un buen papel en las eliminatorias del mundial de fútbol que se llevará a cabo en Italia en 1990.

En un intento por terminar con el uso de drogas en el deporte, La Federacion Internacional de Atletismo Amateur, senaló que de hoy en adelante, todas las Federaciones Nacionales que tengan atletas suspendidos, tendrán que someterlos a analisis con mas frecuencia, para evitar que dichos atletas sigan ingiriendo drogas durante el periodo de suspension que por lo general es de dos años.

Este es un intento de la FIAA, organismo internacional que representa a 182 federaciones deportivas en todo el mundo, por lograr erradicar el consumo de drogas del deporte amateur.

En los ultimos años el uso de las drogas como un estimulante, ha sido usado por muchos deportistas de diferentes categorias endiferentes disciplinas deportivas, a pesar de las fuertes sanciones que son impuestas por las federa-

ciones deportivas a todo aquel deportista que haga uso dichos estupefacientes. Al finalizar esta columna, queremos recordar a todos los clubs deportivos locales, que sus notas serán publicadas en esta columna deportiva que siempre estará a su disposicion. Envie su informacion deportiva a: Jesse Sepúlveda, 649 N. "K" Street, San Bernardino, CA 92411.



Quinto Receives Congressional Excalibur Award For Government Service

Congressman George E. Brown, Jr., (D-San Bernardino, Riverside, Ontario) announced the selection of Ray R. Quinto, Administrative Officer for Research and Development at the Jerry L. Pettis Memorial V.A. Hospital in Loma Linda, CA, as a recipient of the Congressional Excalibur Award for excellence in government service. The award, sponsored by Congresswoman Constance A. Morella, (R-Bethesda, MD), is given to career government employees in recognition of exemplary service.

"Mr. Quinto has made exceptional contributions to a wide variety of local projects" said Brown, "However, his leadership, organization, and outstanding efforts have been truly manifested through a project of international scope. Over the past three years, Mr. Quinto has guided the development of a blood

bank for Mexicali, Baja California, Mexico, from its inception to the opening of the facility. He was instrumental in bringing together representatives of the Mexican Red Cross, both Sister Cities Committees, the Blood Bank of San Bernardino/Riverside Counties, the Red Cross Blood Services of Orange County, the Kiwanis Club of Greater San Bernardino, and the Inland Empire Hispanic Chamber of Commerce to formulate a five-phase plan to establish the blood bank."

This project enhances international relations, while improving the quality of medical care in Mexicali through a facility which makes available a reliable, adequate and safe blood supply. Over one million people live in the Mexicali area. Approximately 10,000 people, mostly Americans, cross the border there



Ray Quinto is honored at luncheon held at Mitla's Restaurant.



Congressman Brown congratulates Ray Quinto and wife Pat.

every day.

Quinto's selection was based on outstanding efforts and leadership in solving problems at local, national, and international levels, superior service to the public, high personal integrity, moral character, and courage in dealing with difficult or sensitive problems. Quinto is one of six nominees selected for the award. He was nominated by Congressman Brown and the Director of the V.A. Hospital in Loma Linda. Mr. Quinto will receive the award at a congressional ceremony scheduled for Tuesday, February 16, 1988, at the Rayburn

House Office Building in Washington, D.C.

Quinto, a native of Taos, New Mexico, is active in numerous civic organizations and continues to serve as a Lieutenant Commander in the 4th Medical Battalion, the reserve medical arm of the 4th Marine Division. Ray and his wife, Pat, reside in Yucaipa, California.

Nieves Elected New Chairman of County Civil Service Commission

Ray Nieves was recently elected Chairman of the San Bernardino County Civil Service Commission (CSC) by his four fellow members for 1988. He was the Vice-Chairman of the

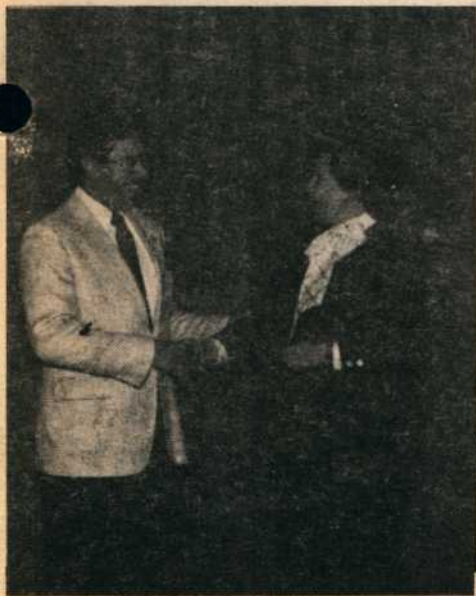
Commission during the past year.

The CSC is an administrative law body which is primarily responsible for overseeing the County's Personnel Rules. Generally these rules protect the integrity of the merit system (examinations, appointments, etc.) and provide employees with the right to appeal disciplinary actions against them.

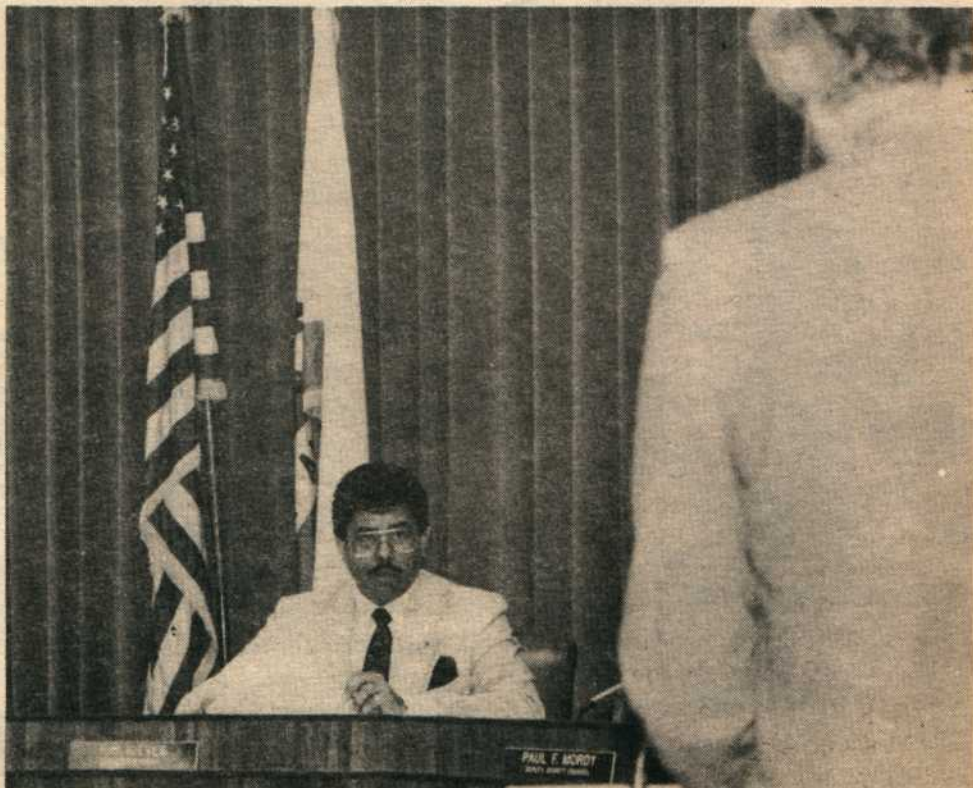
Nieves is currently the Affirmative Action Officer for the San Bernardino City Unified School District. Previously he served in a similar capacity for the L.A. District of Caltrans.

Among Nieves' other activities, he is the Chairman of the San Bernardino Valley College Affirmative Action Advisory Committee. Also, he is on the Board of Directors of the Inland Empire Hispanic News.

Ray was born and continues to reside in Colton. He and his wife Margaret have three children - one son and two daughters.



Ray Nieves receives best wishes from Supervisor Barbara Riordan.



Nieves chairs first meeting on Feb. 10.

News From San Bernardino High School

By Jennifer Benites

The San Bernardino High School water polo team carries the privilege of having two very fine Hispanic players on this seasons' varsity first-string squad. Art Quiroz and Jeff Montana are both currently leading the team to one victory after another.

Junior Arthur Quiroz is the team captain and in his second year of varsity water polo and third year of swimming. His many honors include being ranked number one in the San Andreas League in 1987, ranking number two in 1986 and competing in the C.I.F. 4 x 100 relay race. Not to mention his maintaining a 3.0 G.P.A. Art's family is quite proud of him and his many accomplishments, "they are really supportive," although he admits he only took up swimming, "because it was hot out." Quiroz refuses to take all of the credit for his teams



success saying, "it's a young team that learns fast. They've got a lot of talent."

Art's best friend, Jeff Montana, is also a junior at San Bernardino High School. Jeff is also a two year varsity polo player and a three year varsity swimmer as well as the co-captain of the team. He also enjoys playing on the Basketball team. However, his interests do not end with sports. Jeff maintains a 3.6 G.P.A. and is enrolled in the Honors program and the MESA (MATH, ENGINEERING, SCIENCE, ACHIEVEMENTS) club. He says his parents, "enforce priorities of school and homework but are supportive of my sports." His view on being one of only two Hispanics on the team are, "it takes extra motivation. I work hard to overcome any prejudices."

Photo by Ed Limas

San Andreas High School News Report

By Bobbie Hodgson

The educational philosophy of San Andreas revolves around the recognized goal of providing an alternative learning style for responsible, self-directed students. Our students work on a credit system rather than a grading system. The reason being they are capable of making up lost credits, but because we have the credit system does not make our diploma different from the major high schools. We receive the same diploma.

Since our school first opened, we have added many things such as a basketball team that has lost one game. We have a Student Council, a newspaper, and annual staff, and the best principal — Mrs. Hill.

We would also like to add that Yvonne Ballejos is a candidate for Miss Teen — Good Luck Yvonne

By Michael Colunga

Senior David JuDon is representing the San Bernardino YMCA in a Youth and Government Convention being held in the Capitol Building, Sacramento, February 10 - 14.

His job is to interview youth, Senators, and Delegates of the Assembly, and submit a written update and video tape for the Y-Witness News. In addition there will also be a talk show where he will be in the audience, able to ask questions to members of political party

RIVERA

Continued From Page 8

position at Cal State, San Bernardino.. Having been restricted to a wheelchair and other such handicap aids have apparently not hampered his goals or his contributions to society.

"If anything, my illness has strengthened me and enhanced my love for life," says Rivera. In response to the question of how this illness may have affected him psychologically, Rivera simply smiles and says, "I never had a blue day in my life."

LEADERS

Continued From Page 8

found friend.

One of the main points of the FLA camp is the emphasis on public speaking, which is designed to get the students comfortable with conveying ideas to a group. This is one aspect which the FLA staff calls the development of a leader.

The students are then divided into "Family Groups" of ten people each, which are supervised by volunteer teachers and peer counselors. The peer counselors are either volunteer college students of FLA Alumni.

Every student must develop a speech on the subject of his or her choice and then compete with the other members of the "Family Group." Each small group selects the best speaker of their group in a competition called the "speak off." The winning representatives from each group will again engage in a competition where the students will then select the two best speakers, one female and one male. These two students will deliver their respective speeches at the banquet, which is held at CSUSB on the evening of the last day of camp.

Another activity in which the students participate is the development of a four year academic high school plan which is intended to give some foresight into their collegiate needs.

Like any other camping facility, no camp would be a camp without the usual recreational activities such as volley ball, table tennis and swimming. The camp also offers studies in crafts as well as a wide variety of dancing and music.

The students form a vocal chorale and also learn the arts of folk and modern dance. Poetry is yet another form of art offered at the camp.

On the final day, the students are bused to the County Courthouse in San

Bernardino. There they are introduced to volunteer Hispanic lawyers who create a mock trial. This mock trial is held in an actual courtroom and is presided over by a member of the bench who also volunteers his time.

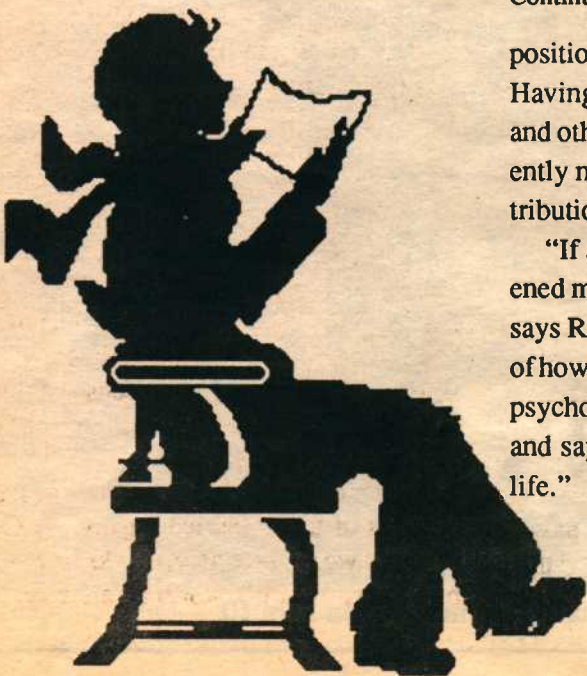
The lawyers create a situation, a case, and then coach the students on how to conduct a trial. All of the participants in the trial are FLA students. They will prosecute and defend and also serve as the jury. Rivera says that too many of our youth only get to see the judicial system from one side. "We want them to see the other side of the coin," he added.

After the mock trial the students are once again bused to CSUSB, where they will be entertained by volunteer teachers and peer counselors who will perform a rehearsed skit.. The skit is part of a banquet celebration held on the fifth and last day.

At the banquet the students are also given a chance to show their parents some of the things they've learned at camp. The parents are then entertained by student chorale, folk and modern dancing and of course the winners of the "Speak Off", will deliver their winning speeches.

After the activities at the banquet all of the students will go home with their families to reflect on their experiences at the camp and prepare to practice the fundamentals which they acquired as members of FLA.

The Inland Empire Coordinating Committee for the FLA are: Dr. Tom Rivera, Chair; Ms Susan C. Vargas, Vice-Chair; George Meneses, Secretary; Mr. Juan Negrete, Treasurer; and members Mr. Joe Baca, Mr. Bill Ellison, Mr. Frank Moreno, Ms. Susan Peters, Mr. Conrad Valdez and Mr. Henry Vasquez.





Marielena Garcia

Extension Information Specialist

San Bernardino County

Agricultural Cooperative Extension

La tensión es la respuesta del cuerpo a exigencias placenteras o desagradables. Estas exigencias pueden ser físicas como heridas o enfermedades. O, mentales como preocupaciones o depresión. Cualquier experiencia inusual que altere nuestro ritmo de vida y requiera un ajuste especial puede causarnos tensión. Por ejemplo la muerte de un

La Tension: Amiga O Enemiga?

ser querido, la pérdida de empleo o un divorcio producen tensión. Sin embargo, las experiencias agradables también son fuentes de tensión como las ansiadas vacaciones o un ascenso en el trabajo. Estos son sólo unos cuantos ejemplos, pero la tensión en sí, es parte de nuestra vida diaria y, en cierta forma nos hace la vida más interesante porque nos obliga a resolver problemas, a crear y nos hace madurar.

Especialistas en relaciones humanas de Extensión Cooperativa, opinan que se debe aprender controlar a tiempo la tensión o nos causará daños no sólo físicos o mentales, sino también sociales. Una tensión incontrolable contribuye a ataques del corazón, alta presión arterial, asma, alergias, problemas renales y tiroides. Aunque no puede afirmarse que la tensión es la única causa de éstos trastornos, si es uno de los factores que los agrava. En otros casos, la tensión es una de las causas principales en los crímenes, accidentes, violencia en el hogar y en el

uso con drogas y alcohol.

Como podemos controlar la tensión? De acuerdo a los expertos de salud mental, primero debemos aprender a reconocer los síntomas. Con frecuencia, no nos damos cuenta de la tensión que tenemos hasta que nos sentimos bastante mal. Los síntomas físicos pueden ser dolor de cabeza, problemas estomacales, insomnio, alta presión arterial, úlceras, temblores, cansancio y algunos otros problemas. Las señales emocionales pueden consistir en ansiedad, irritabilidad, miedo, mala memoria, falta de concentración, desánimo y falta de relajamiento.

Después de reconocer los síntomas de la tensión, en lugar de lamentarnos tenemos que controlarla o nos haremos la vida miserable y se las haremos también a las personas que nos rodean. Para lograrlo, debemos mantenernos física, social y psicológicamente aptos. Esto requiere de una actitud positiva frente a la vida, ejercicio físico y una dieta salud-

able. También tenemos que equilibrar una combinación del trabajo con diversiones y relaciones con los que nos rodean.

Es común que la tensión sea provocada por las presiones que causa nuestro empleo. Por lo tanto hay que organizar nuestro tiempo para poder cumplir con nuestras responsabilidades, dando prioridad a lo más importante y, si es necesario, pedir ayuda a los compañeros. Es imposible hacerlo uno todo solo y "perfecto".

Cuando la tensión llegue a un punto difícil, debemos recordar que no estamos solos. Ayuda mucho hablar con alguien de confianza para deshogarse al compartir la frustración, enojo o penas que tengamos. Esto, hace ver el problema de forma menos negativa. Si no puede controlarse la tensión, es importante consultar con un profesional de salud mental, por ejemplo en el Departamento de Salud Mental de su Condado.

HAWAIIAN LUAU (CHICKEN OR MEAT BALLS)

SAUCE

2 cups catsup
2 cups pineapple juice
4 cups tomato sauce
1/4 cup teriyaki sauce
1 can (16 oz.) crushed pineapple (do not drain)
1 cup sugar
1/4 cup white vinegar

In saucepan combine all ingredients. Bring to boil; reduce heat, and simmer for 1 hour. Makes enough sauce for 12 pieces of chicken or 2 pounds of beef meat balls.

MEAT BALLS

2 pounds ground beef

1/2 teaspoon garlic powder
1 small onion, minced
(or 2 fresh garlic cloves, minced)
2 eggs
1 cup uncooked quick oats (optional)
1-1/2 teaspoons salt
1/2 teaspoon pepper

Combine all ingredients, mixing well. Form into small balls. Place in loaf pan, 1 layer deep, and bake at 350-F for 1 hour or until browned. Remove from oven, place in saucepan, cover with sauce, and simmer for 45 minutes.

CHICKEN

Put 10 to 12 boiled chicken pieces in sauce and simmer for 45 minutes. Note: For more flavor, chicken or meat balls can be marinated in sauce overnight.

LUAU HAWAIIANO
(POLLO O BOLITAS DE CARNE)

2 tazas de salsa "catsup"
2 tazas de jugo de piña
4 tazas de salsa de tomate
1/4 taza de salsa "teriyaki"
1 lata (de 16 onzas) de piña
1 taza de azúcar
machacada (sin escurrir)
1/4 taza de vinagre blanco

En una cacerola, combine todos los ingredientes. Ponga a hervir; reduzca el fuego y cocine tapado por 1 hora. Se hace suficiente salsa para 12 piezas de pollo o para 2 libras de carne molida formada en bolitas.

PARA HACER CON BOLITAS DE CARNE

2 libras de carne molida
1/2 cucharadita de ajo en polvo
1 cebolla chica, picada
polvo (o 2 dientes de ajo, picado)
2 huevos
1-1/2 cucharaditas de sal

1 taza de avena cruda (si gusta)
1/2 cucharadita de pimienta

Combine todos los ingredientes y revuelva bien. Forme la mezcla en bolitas y acomódelas en un molde de hornear. Hornee a 350-F por 1 hora o hasta que las bolitas se doren. Remueva del horno y ponga las bolitas en una cacerola. Viértales la salsa preparada. Tape y cocine a fuego lento por 45 minutos.

PARA HACER CON POLLO

En una cacerola, ponga 10 a 12 piezas de pollo cocido junto con la salsa preparada. Tape y cocine a fuego lento por 45 minutos. Nota: Para mejor sabor, el pollo o las bolitas de carne se dejan marinar en la salsa preparada por toda la noche. Al día siguiente, se sacan del refrigerador y se cocinan por 45 minutos.

SIDELIGHT THE PROVERBIAL JOY

By Becci Diaz

I like reading and hearing from women who lived life in their own unique ways and who had an uncanny knack of describing the human condition and the state of women in society. These individuals feelings and opinions continue to define and impart some wisdom as female savants, adventuresses, writer, painter, sages, and yes, even saints. In their own way, each contributes to modern humanity as a whole, but it is what they have to share with me about their lives that is delightful.

* * *

Take these virtuosities of reasons from a suffragette, a blind scholar, and a contemporary singer:

"It is only the women whose eyes have been washed clear with tears who get the broad vision that makes them little sisters to all the world." By Dorothy Dix

"Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content." By Helen Keller

"You don't get to choose how you're going to die. Or when. You can only decide how you're going to live. Now." By Joan Baez

* * *

Then there are those readings that talk about life directly. These are the heavy stuff, direct bull's-eye to the heart, good things to use when you want to make a point:

"It only takes one person to change

your life—you." By Ruth Casey.

"Without discipline, there's no life at all." Katherine Hepburn

"No one can make you feel inferior without your consent." By Eleanor Roosevelt

"At fifteen life had taught me undeniably that surrender, in its place, was as honorable as resistance, especially if one had no choice." By Maya Angelou

"To keep a lamp burning, we have to keep putting oil in it." By Mother Theresa

* * *

We all can recall the time when our mother (or father) would tell us about our own human predicament by passing along some adages from our culture whose origins we are uncertain of. Do you remember these?

"El que no habla, no se oye."

"Yerba mala nunca muere."

"Asi como son, juzgan."

Heavy destiny, here.

* * *

I believe women gather strength from other women and from sharing who they are, and that our destiny in life will always be connected in some way with our roles as a woman and the various identities we assume. As a modern woman we have some choice, some avenues available, and always an innate sense of our own awareness. We are the progeny of a legacy of struggle, in our dual culture, of women pioneers. It is alright to enjoy the benefits of this inherited legacy. It's a freedom we all have now, thanks to those before us. And it's worth an eternity.

ESTRELLAS DEL MUNDO

Por Jesse Sepúlveda

Hace algun tiempo informamos en esta columna, que el matrimonio formado por Beatriz Adriana y el "Bukey" Marco Antonio Solís, estaba a punto de disolverse debido a grandes diferencias entre ambos artistas. Y hoy después de algun tiempo, podemos decir que los rumores de divorcio se han hecho una realidad, y el matrimonio de los Solís es ya, cosa del pasado, debido como informamos a que Marco Antonio sostenia relaciones con Maricela, una joven y atractiva cantante Angelina, a quien Marco compone y produce sus discos desde hace algunos años. Aunque Beatriz afirma que aún quiere a su ex-esposo, por otro lado asegura que artísticamente no le hace mucha falta, pues antes de conocerlo ya era una triunfadora que se mantenía siempre en los primeros lugares de

popularidad en el medio artístico Latinoamericanos, y le dieran fama y fortuna desde los principios de su carrera.

Durante el tiempo que permaneció casada con el "Buky", sólo interpretó valadas compuestas por su ex-esposo, y dicho sea de paso, sin mucho éxito, al menos no igual que el éxito que consiguiera con la canción ranchera.

Beatriz Adriana, que naciera al éxito y la fama, con la canción "La Frontera de Tijuana", hace ya algunos años, se presentó recientemente en el Convencion Center de Anaheim con su mariachi "Ora Pues", y el éxito fue rotundo, pues todos sus admiradores le aplaudieron de pie su interpretaciones rancheras que marcaron el regreso de Beatriz, a los escenarios.

En otra de sus mas recientes actuaciones, Beatriz se presentó en La Arena Deportiva de Los Angeles, tambien con su mariachi, y el público se le entregó sin reservas, lo que demuestra que es así como

quieren ver a Beatriz, "La Folklórica mas bonita de México", como le llaman en todas sus presentaciones. El cómico Mexicano, Pompín Iglesias, se encuentra de gira por Estados Unidos en compañía de su familia, y recientemente terminaron su actuación en la obra teatral cómica "Mi Mujer si da el Ancho", en la cual compartió créditos con sus hijos y su esposa, obteniendo un rotundo éxito con dicha obra, pues se registraron mejores entradas en el teatro que las registradas con otras obras de burlesque.

En opinion de este popular cómico Mexicano, conocido en la television por su actuación estelar en "Mi Secretaria", no es necesario ser bulgar y corriente para hacer reir al público, sino por el contrario, tenemos que presentarle el lado cómico de la vida, sin caer en la bulgaridad y falta de respeto.

"En la actualidad, hay quien cree que si no se es bulgar, no se puede hacer reir, y esto dista

mucho de ser verdad y así lo hemos demostrado en esta obra familiar en la que las puntadas cómicas son parte intergral de la mismas, y en ningun momento se cae en lo bulgar, nos dijo Pompín.

Al valadista Mexicano, Emmanuel, tal parece que se le ha subido la fama a la cabeza, pues muchos son los que se quejan de que dicho artista ya no es el mismo y que últimamente se ha vuelto insoportable y jactansioso, pues asegura que el es el mejor valadista del momento y que muchos lo catalogan como el Frank Sinatra Mexicano, Ud. que cree?

VIDEOSYNCRASIES

By David Dodd

SUPER HOPEFUL:

Supertramp vocalist Rick Davies knows there's a lot riding on the success of his band's upcoming video and single, "Free as a Bird." It follows the moderate success of Supertramp's last video, "I'm Begging You," which Davies describes as a "tedious shoot." "We were happy with the final product, but making it was a bit crazy," he says. A good portion of the video was filmed a second at a time, much like stop-frame animation. "There was one band scene where I was at the piano with my back to the camera and they'd shoot two seconds worth, then move the piano two feet, and continue on like that all across the room."

The band's new video, also the title track of the current album, was co-directed by Michael Patterson and

Candace Reckenger, whose last work was Suzanne Vega's "Luka" clip. "It has the same look as 'Luka,'" Davies says. "It's mostly performance footage that was filmed at an A&M sound stage recently, much different than 'I'm Begging You.'" The song is strong, and the clip just might help sell some albums for Supertramp, although Davies is quick to admit, "You can't count on anything in this business."

TAPE TALK:

Peter Gabriel will release a compilation video on Feb. 9. Simply titled "CV," the videocassette will contain eight visuals, including two versions of "Don't Give Up," the duet with Kate Bush. The first version is the standard clip that was featured on MTV, while the second one was filmed in a deserted house. Also included on the tape are Gabriel's award-winning "Sledgehammer" and "Big Time" clips, plus "Red

Rain," "Shock the Monkey," "Mercy Street" and "I don't Remember."

SCATTERED SENSE: Belinda Carlisle's new one, "I Get Weak," was directed by actress Diane Keaton, who met the former Go-Go during the recording of her last album. Both ladies wanted to experiment with video and gave it a go, beginning with Carlisle's recent success, "Heaven Is a Place on Earth." You bet a camera crew will be present when the Who performs two live numbers at the BPI Awards in London on Feb. 8. Looks like the perfect tool to stir up more excitement about an upcoming summer tour. New ones to look for: The Bolshoi's "TV Man," Mike Oldfield's "Magic Touch," and the latest from the Smiths, "Stop Me If You Heard This One Before."

STING STINGERS: Even though he has had great success with the video medium, Sting gets riled at the importance conferred upon MTV

— the nation's largest video music outlet. In the recent cover story of Musician magazine, the former Police-man says Americans have their priorities screwed up. "Most Americans don't know where Nicaragua is," he says, "or who the secretary of state is. They don't watch the news, they watch MTV."

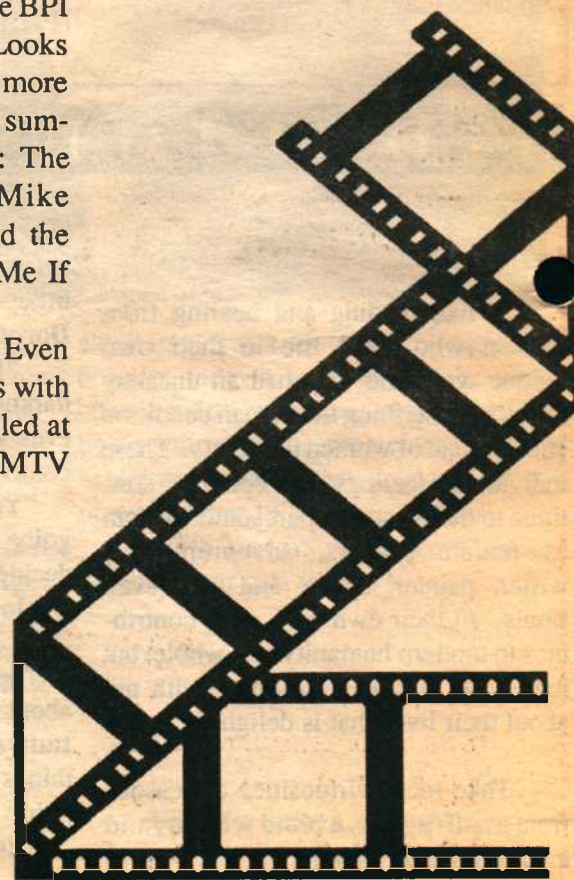
Ping Pong



Cuando un alma muere, llega a Dios.



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and \$480 per hr., respectively

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IMPACTO

Continued from Front Page
by coalitions in key cities in California, Arizona, Texas, New Mexico, Colorado, Nevada and other states in the Southwest, Navarro says. The movement will stretch as far east as Chicago and Waukegan, Ill. These affiliates also will discuss with their constituencies the ideas contained in National Hispanic Agenda '88, a document released in Washington, D.C., last October at a meeting headed by San Antonio Mayor Henry Cisneros.

Navarro hopes Impacto will raise \$700,000 to become a viable entity.

The coalition's steering committee met Feb. 13, in Ontario, CA, to plan a coordinated series of press conferences in different cities to officially announce Impacto '88.

On March 4 and 5 in Claremont, CA., Navarro's Institute for Social Justice will hold a Chicano/Latino Leadership Summit bringing together some 250 to 300 leaders and representatives from various sectors of the Hispanic community. One day of the summit will be devoted to Latino voter mobilization; the other on establishing a working relationship between Mexico and U.S. Latinos, primarily Mexican Americans.

Looking beyond the 1988 presidential election toward reapportionment of congressional and state legislative districts and the hundreds of thousands of

potential new voters to be created by the Immigration Reform and Control Act in the 1990's, Navarro emphasizes the importance of developing the infrastructure now.

"The '88 elections are nothing more than a launching pad for the greater effort in the '90's when we can be in a position to elect a lot more people at all levels of government," he points out.

"The Rev. Ramon Gaiton, president of the 350-member Catholic organization Padres, says that the participation of the clergy is a natural outgrowth of their involvement in activist issues, particularly in the late '60's and early '70's.

"We're trying to bring the understanding that because you're religious doesn't mean that you can't get involved, and because you get involved doesn't mean that you're not doing something that's religious," Gaiton says. He works in the Watts community of Los Angeles.

Jesse Valenzuela, an educational consultant from San Bernardino who is serving as Impacto's point man for the student component, stresses the importance of having students involved in such a mobilization effort. He says although Latino students have not organized around national issues since the early '70's, they have been establishing their presence in mainstream student governments and are eager to

apply what they have learned outside the campus. "They are ready to work."

The movement to establish organized ties with Mexico and its people has been in the making for several months. Navarro and Gaiton have been part of delegations that have made visits with Mexican officials to lay the groundwork for a relationship that would tap into economic and educational opportunities on both sides of the border. Such a relationship, they argue, will not only improve overall relations but increase the clout of both groups in the eyes of the U.S. government. They and others liken such an arrangement to the influence U.S. Jews exert here on behalf of Israel.

In the past year, an agency within Mexico's Interior Ministry has developed such a plan. It is called "acercamiento."

Ruben Jaurequi, chairman of the Los Angeles-based Latin Business Foundation and Impacto '88, also has

taken part in some of the visits to Mexico City. He emphasizes the economic aspect of a more cooperative relationship.

"When you establish economic clout, all of the other forms of clout flow naturally from that — social, political, educational," he says. Jaurequi also headed the committee that addressed business issues for National Hispanic Agenda '88.

Conceding that Impacto '88 is ambitious, Navarro says, "If we accomplish 50-60% of what we set out to do, we will have put ourselves in the position of being a major influence across the board — politically, economically, socially, educationally — in the '90's."

Felix Perez is editor of the national Hispanic newsweekly, Hispanic Link Weekly Report, in Washington, D.C.

LA CADENA

Continued from Front Page

business man and a Colton resident. Mendoza's opinion was that he wanted all of Colton industry to have the Mexican motif-facade and not just the small town businesses. "I'm very disappointed by this whole thing," he said.

Traffic improvement was also among the items discussed. A stop sign was suggested at "J" Street and La Cadena Drive. Lighting along the La Cadena Corridor and a police patrol increase was recommended. Speed limits and signs were also suggested. The

general rule is if 80% of traffic drives at 65 miles per hour and the suggested speed is 45 miles per hour, the judge will throw it out. Benest illustrated how to slow the drivers down on La Cadena Drive by giving them an impression of a narrow road way to psychologically cause drivers to slow down. He suggested that this can be accomplished by planting Sycamore trees along both sides of the road. An additional benefit is that it shows organization by area owners noted Benest. "The trees will also visually block out unsightly power poles and wires," said John Weineke.

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LOVER

Continued From Page 3

ing my thigh.

"Listen, I'm not married or engaged, I'm 24 and I think you're cute," I said all in one breath. "And I don't know why I'm telling you this."

His fingers found mine. "Cause I'm irresistible."

"I suppose it's none of my business, but what happened?"

He shook his head. "I don't know. I was pretty drunk. I said something to a group of guys standing next to my car and the next thing I know they're cutting me up."

I prepared to give him the injection.

He pushed up his pajama sleeves for me. "Will it hurt?" Like a child.

I wiped it with an alcohol pad. "Only for a moment."

"Like love," he answered, and I found

myself smiling again.

I checked him frequently for the rest of my shift. he finally fell asleep around 5 and was still sleeping when I left at 7:30. I took one last look to his chest. When I came back the next night he was gone.

Checked himself out against medical advice, Patty told me. "Can't keep those Latins down."

She pulled out her book.

We hadn't exchanged phone numbers, there was no address on the chart, and I never saw him again.

Maybe it was better that way. Bruised, boozed and contused. My Latin lover.

(Marta Salinas is a registered nurse working at a migrant farm labor camp in Woodburn, Ore.)

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